The Power of Habits

By Jonathan Olvera

Life is supposed to be simple. But the truth is, it's not—at least not all the time. People struggle, just like I do, to take care of the things that need to be done. It's difficult. Sometimes, it's even scary.

I had to make a decision. I was going to be strong—for myself. That's when I discovered something important: I had to learn the difference between a habit and a choice. I needed to change. I needed to grow up. I had to figure out what would help me move forward.

As a young man, I needed strength. I needed work. So, I started making extra money by cleaning. In my sober mind, I realized I was capable of so much more. I could think. I could communicate. I had good ideas. I could write books.

I'm grateful to be on this journey early in life. I know that developing good habits—engaging in meaningful conversations, being good company, and making smart choices—makes a real difference.

Health is something you only get one chance at. At the end of the day, even if you bring nothing home, you still carry the decisions you made to maintain a healthy, whole character. That realization changed me—not just for myself, but for those around me, even my cat and dog.

Everyday life is full of obstacles—washing the dishes, looking for work, staying clean, taking a shower, using proper language, picking up the yard, and being a good neighbor. Sometimes, habits can hold you back. But I've learned to keep a strong attitude.

It's not always easy to stay positive, but I made a decision to do just that. I've been working on it for a long time, and I like who I'm becoming.

I'm going to keep this attitude.

That’s my decision.